

Youth Health Guides

The Maternal and Child Health Section of the Tennessee Department of Health is encouraging the distribution of free youth health guides to adolescents throughout the state. The purpose of these guides is to inform young people about critical aspects of their health. Topics covered include friends & relationships (managing conflict, school & dating violence, depression & suicide), health habits, food & fitness, smoking, sex & safety and drinking & drugs. The guides are available in English and Spanish.

A calendar, exercise log and space to list personal telephone numbers are contained in this guide as well as numerous telephone numbers to access resources.

Local communities can add a list of local resources to the back pages of the youth health guide.

Distributors of the youth health guides should use their personal discretion to decide if 10, 11 and 12 year olds in their community are developmentally ready for the messages contained in the guide. Otherwise, older youth and young adults should find this guide extremely helpful and informative.

To order the free guides contact Perstephanie Felton at 615-741-0331.

